

POST SHORTS

Recycling schedule



The recycling scheduled pickup for Wednesday, Feb. 18, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

The 2004 Harford County Recycling schedules are available to APG military housing residents at the APG Housing Office, building 2727; AA/EA Re-Nu-It centers, buildings 5413 and E-5185; and the AA Collection Station, building 3558 on Rodman Road.

Holiday gate closures

The Harford (AA) and Wise (EA) road gates will be closed from 8 p.m., Feb. 13 to 4 a.m., Feb. 17.

Vet facility holds clinics

Clinics at the APG Veterinary Treatment Facility for privately owned pets will be held 9 a.m. to 3 p.m., Feb. 17 and 24 (tentative) by appointment only.

Only personnel authorized routine medical care at a military health facility such as Kirk U.S. Army Health Clinic may take advantage of these clinics.

To schedule an appointment or for further information, call 410-278-3911/4575.

Women in the Workplace: Presenting a Professional Image workshop

The Army Community Service Employment Readiness Program will present "Women in the Workplace: Presenting a Professional Image," 11:30 a.m. to 12:30 p.m., Feb. 18, at the Army Community Service Training Room, building 2754.

Learn the secret to projecting a steady, confident image in the workplace or a job interview. With the strategies and guidelines in this workshop, students can shape their image to say exactly what they want it to say about them.

Sample office attire will be displayed at this workshop.

For more information or to register for this free class, call Marilyn Howard at 410-278-9669.

Orientation for newcomers

The Aberdeen Proving Ground Community Information Forum, formerly APG Newcomer Orientation, will be held at the Aberdeen Area Recreation Center, building 2754.

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Sports

Wilbert Davis Gospel Night set for Feb. 22



Photo by SONYA P. REYNOLDS
Members of the Mount Zion Male Chorus perform "Way Down" at the 30th Annual Wilbert Davis Gospel Night Feb. 23, 2003 at the Post Theater. More than 400 attended the night of praise in observance of Black History Month.

Yvonne Johnson
APG News

The U.S. Army Ordnance Center and Schools' African American Black History Month observance of gospel music, Wilbert Davis Gospel Night, will be held 4 to 7 p.m. Sunday, Feb. 22, at the Post Theater.

The show is in its 31st year.

This year's theme focuses on the 50th anniversary of Brown vs. Board of Education, the landmark 1954 Supreme Court decision that eliminated racial segregation in the nation's public schools.

Groups scheduled to perform include the Aberdeen Middle School Gospel Choir; Refuge Temple Combined Choir; Singers Singing with Anointed Voices; Voices of Inspiration; the APG Gospel Service choir; Don-T Records; and soloists Lisa Lyons, LaShawna Wright Moore, and Missionary Beulah Shaw.

In addition, the program includes an original play by Capt. Claudette Blake, 61st Ordnance Brigade.

Visitors must use the Maryland Boulevard Gate Route 715 (from Route 40) and present a valid photo ID and vehicle registration to enter the installation.

For more information, call Master Sgt. Arbel Connor, OC&S equal opportunity advisor, at 410-278-2529 or e-mail arbel.connor@ocs.apg.army.mil.

Commissary survey score continues climb

Cherie Huntington
DeCA

Aberdeen Commissary customers awarded their store an "honor roll" score of 4.78 out of a possible 5 in the Defense Commissary Agency's year-end round of biannual Commissary Customer Service Surveys. That "grade" climbed from 4.61 earned in the 2003 mid-year survey and ranked the store in the top 10 East Coast commissaries.

"Fantastic numbers like this tell me this commissary puts customer satisfaction at No. 1 every day, every way," said Scott Simpson, director of DeCA's Eastern Region. "I applaud the employees for this amazing achievement."

The region average rose to 4.54 from 4.46. Eastern Region includes 75 stores in 16 states and the District of Columbia, Puerto Rico and Iceland. All commissaries worldwide participated, surveying more than 20,000 customers during the 10-day survey cycle.

"We take great pride in delivering the commissary benefit, so this is icing on the cake," said Tammy Spickler, Aberdeen store director. "I've got the best staff and the best customers in the world. We listen to our customers every day, so a survey like this just reflects our continuing goal of 100 percent customer satisfaction."

The survey rates performance in such areas as low prices/overall savings, well-stocked shelves, convenient hours, cleanliness, customer service and quality of meat and produce.

"I appreciate patrons taking time out of their busy schedules to complete this survey last November," Spickler said. "It's a valuable tool in helping us create raving fans of our customers, so keep the feedback coming."

Nemechek eighth fastest in Daytona 500 pole qualifying

Army car to start fourth in today's qualifying race for starting position in Sunday's race

www.army.mil

Fighting a gust of wind, U.S. Army Chevrolet driver Joe Nemechek posted the eighth fastest speed in Sunday's Daytona 500 pole qualifying at Daytona International Speedway.

Nemechek, who drew the third qualifying spot, covered the 2.5-mile tri-oval in 47.936 seconds at 187.750 miles per hour. Greg Biffle captured the pole with a speed of 188.387.

Sunday's pole qualifying locked in the fastest two qualifiers for the Daytona 500 (Feb. 15) and also determined the starting fields for today's 125-mile qualifying races.

By recording the eighth fastest speed, Nemechek will start fourth and compete in the second qualifying race today. That race will have the biggest impact in determining the starting positions for the Daytona 500 (see below).

"It's too bad we got caught up in the big gust of wind, especially coming off of Turn 2," Nemechek said. "But overall I felt we did a good job. We were fast in practice yesterday and fast in last month's test

session. I feel we've gotten off to a strong start.

"From here on in we'll be in race trim, which has me excited because this team has had some very strong restrictor-plate cars. The first test will be Thursday [today] in the 125 race. Judging from everything I've seen, I am confident the Army Chevrolet will run up front."

Nemechek continued his streak of posting top-10 qualifying positions at every event he has driven the U.S. Army car. He joined the team with four races remaining in 2003.

Today's Twin 125 qualifying races will be televised on TNT, beginning at 1 p.m. EST.

The 43-car starting field for the race is determined as follows:

Positions 1-2 — fastest two qualifiers from pole qualifying

Positions 3-30 — finishing results from the two 125-mile qualifying races (14 from each race, excluding the top two qualifiers)

Positions 31-38 — based on qualifying speeds

Positions 39-43 — provisionals — based on 2003 owner points.

Message of endurance highlights APG National Prayer Luncheon

Yvonne Johnson
APG News

Celebrants at Aberdeen Proving Ground's National Prayer Luncheon digested a hearty meal along with a message of hope and endurance at Top of the Bay Feb. 5.

Claiborne Haughton Jr., former acting deputy assistant secretary of defense for equal opportunity, was the guest speaker.

Col. Mardi U. Mark, APG Garrison and deputy installation commander, introduced Haughton as guests dined on a meal of baked chicken, lasagna, vegetables and dessert.

"He is a true patriot who served his country for 35 years, is a charter member of the Senior Executive Service, and a much sought-after motivational speaker," Mark said.

Born with cerebral palsy and blindness in one eye, Haughton told of how through faith he overcame his physical obstacles to attain his goals, and said that embracing diversity was the first step to achieving success in the 21st century.

"We must embrace diversity as a matter of military and economic necessity," Haughton said, adding that "by 2015, the world will be totally computerized and the workplace will be filled with people of color."

"The bottom line is we can allow our approach to diversity to deteriorate or we can weave our understanding into a tapestry of strength," Haughton said.

He encouraged listeners to make an effort to communicate more effectively, commenting that couples married 30 years have mastered the art of listening to each other.

"They have learned effective communication goes both ways, listening as well as speaking," he said. "Speak the truth loudly and clearly."

Finally, Haughton said that placing faith in God is key to handling life's problems. He said his faith got him through physical therapy, college, and a tough job search to land him at the top of his profession.

"Today, I stand here retired and with a library named after me," Haughton said.

"God is good all the time and all the time God is good," he said.

In closing, he said, "We must never forget where we came from. We are nothing until the least of us is something."

As thanks for his message to the APG community, Haughton received a Garrison Commander's coin from Mark, a Reflective Bible from Col. Dave Willett, installation chaplain, and a Garrison post chapel plate from Maj. Joseph DeGregorio, Catholic pastor.

"His message was outstanding," DeGregorio said. "The way he rebounded is proof that you can survive whatever nature or society throws at you. We were fortunate to have him as our speaker."

The program's entertainment included vocal

See PRAYER, page 9



Photos courtesy www.army.mil permission CIA STOCK PHOTOGRAPHY

The U.S. Army pit crew wastes no time in getting Joe Nemechek rolling again.

U.S. Army Chevrolet driver Joe Nemechek poses with the number 01 race car he will drive for the U.S. Army in Sunday's Daytona 500 at Daytona International Speedway.



OC&S recognizes winners of MLK contest

Story and photo by
Yvonne Johnson
APG News

The U.S. Army Ordnance Center and Schools awarded contributors to its Martin Luther King Jr. essay and display competition during a ceremony Jan 14.

Col. Kevin Smith, OC&S chief of staff, presented plaques, certificates of appreciation and commanders coins to the winners of the organizational competition that coincides with ethnic observances.

Smith noted that the next contest will focus on African American Black History Month and that the awards will be presented during the 31st Annual Wilbert Davis Gospel Night at the Post Theater, 4 p.m., Feb. 22.

“This will be a great event to culminate Black History Month,” Smith said, adding that retired Gen. Johnnie Wilson will give the closing remarks.

Smith said that the OC&S observances are important because the military is the “key melting pot of American society.”

“Every one of us brings something to this melting pot,” Smith said. “We will not prosper if we don’t take time out to recognize diversity.”

He thanked OC&S Equal Opportunity Advisor Master Sgt. Arbel Connor and Sgt. 1st Class Peggy McCormick, EOA, 61st Ordnance Brigade, for coordinating the program, and expressed the hope that more students from Edgewood Area schools and youth programs get involved as well as Soldiers from the Edgewood Area.

“There’s a lot we can give to our communities other than service to our nation,” Smith said.

The winning categories and awardees for the MLK essay and display competition included:

Display, first place

Advanced Noncommissioned Officer Academy Class 03-04, for the display, “Dreams Do Come True,” led by Sgt. 1st Class Kevin Yungandreas, small group leader

Display, runner-up
APG Child Development Center

Essay, first place

Sandra Welch, OMMS Resource and Information Management Office for the essay, “Remember! Celebrate! Act! A Day On, Not a Day Off”

Essay runner-up
Marvetta Johnson, Aberdeen Middle School

Certificate of Achievement

Staff Sgt. Kathleen Bradley, BNCOC Class 04-04, essay

Drill Sgt. Careen Brooks, Company C, 143rd Ordnance Battalion, essay

Spc. Jonathan Short, 61st Ordnance Brigade, essay

Pvt. George Banks, Company A, 16th Ordnance Battalion, essay

Cathrin Moran, Aberdeen Middle School, essay

Anna McVey, Aberdeen Middle School, display

De’Anthony Williams, Aberdeen Middle School, display

*Ruth Rivera, chair of the Aberdeen Middle School Multi-cultural Committee, accepted the awards for Marvetta Johnson and De’Anthony Williams.

(Editor’s note: See related story on page 9 for a commentary book review, “Understanding the equality equation.”)



Photo by YVONNE JOHNSON
Several photographs of personal achievements and proud moments are surrounded by photos of and excerpts by Dr. Martin Luther King Jr. in the “Dreams Do Come True” display submitted by ANCOC Class 03-04. The display, which won first place in the U.S. Army Ordnance Center and Schools’ MLK display and essay competition, sits in the lobby of building 4507.

Excerpt from “Remember! Celebrate! Act! A Day On, Not A Day Off” by Sandra Welch
“On Dr. Martin Luther King Jr.’s day, we should not rest lazily on a couch and watch the parades but rather we should express what King accomplished by going out into the community and showing others a helping hand. Make this truly a day on by remembering the man, Dr. Martin Luther King Jr., by the many sacrifices he made to make our life richer. Let’s celebrate his achievements for all Americans. Let us act by doing something to keep his dream alive.”

Excerpt from “Dr. King, A Charismatic Warrior, a Leader!” by Staff Sgt. Kathleen Bradley
“If Dr. King were alive today, he would probably be the unpopular social critic he was on the eve of the Poor People’s Campaign rather than the object of national homage he became after his death. His basic message would be the same as it was when he was alive, for he did not bend with the changing political winds ... Today I thank Dr. Martin Luther King Jr. for being the drum major who was ready and able to lead our nation to greater heights through peace and love.”

Veteran organizations making a difference for U.S. troops



A Soldier headed back to Iraq after R&R leave pauses to chat with veterans from Charlton-Miller VFW Post 6054 in the USO International Gateway Lounge at BWI Airport Feb. 1. From left, retired Master Sgt. Dave Mial, a former administrator with the APG Civilian Personnel Advisory Center; Spc. Michael Chatham, 933rd Military Police Company, Illinois Army National Guard; retired Sgt. 1st Class Maurice Bishop and Raymond Shipley, VFW state commander for Maryland.

Story and photo by
Yvonne Johnson
APG News

Since the start of the Iraq War, nearly one year ago, veterans in organizations throughout the nation have committed themselves to

assisting American service members deploying to and returning from overseas in the service of their country.

The members of Charlton-Miller Veterans of Foreign Wars Post 6054 in Perryman,

for example, would be at Baltimore-Washington International Airport’s International Pier every morning, greeting service members or seeing them off during the time the Defense Department’s

R&R Leave program was in effect.

On Feb. 1, the members of Post 6054 greeted their final flight. The R&R leave period, which began in September 2003, was coming to an end.

Led by Terry Robinson, post commander, the group greeted returning troops as they entered the terminal, helped them with their luggage, assisted them in locating connecting flights, distributed calling cards, offered refreshments, and directed them to the USO International Gateway Lounge where they could relax between flights.

Retired Master Sgt. Dave Mial, a member of Post 6054 and a former administrator with Aberdeen Proving Ground’s Civilian Personnel Advisory Center, said the members regularly met arriving flights as early as 5 a.m.

“It’s early but it’s worth the effort,” Mial said. “I love the expressions on their faces when they see the welcome they are getting.”

“We started coming after our post commander brought it up,” added retired Sgt. 1st Class Maurice Bishop.

Bishop, who has greeted nearly every flight since

September, said that he was “hooked” after greeting his first flight.

“It was overwhelming,” he said. “When I left that day I had such a warm glowing feeling. It was like I really did something for those Soldiers.”

Also on hand was VFW state commander for Maryland, Raymond Shipley. He said Maryland organizations share his commitment to supporting the nation’s armed forces.

“This is for the troops,” Shipley said. “It’s important because the troops need it and we enjoy doing it.”

“We see them coming and going,” he added. “Some come back with so much in their eyes, then leave again looking a lot better. But when they walk up to you, take your hand and say thank you, you know you’ve made a difference.”

Maj. Tim O’Neill, U.S. Army Media Relations at BWI, oversees the Personnel Assistance Point for returning and departing troops. He said the veteran presence has made a big difference to the troops as well as the staff.

“We have just the minimum crew to get these troops through,” O’Neill said. “With

the veterans here making the troops feel good and generally helping out, it’s good for everyone involved.”

Adrienne Trout, director of the USO International Gateway Lounge, said the veteran groups have been priceless.

“Our veterans are a wonderful resource of support,” Trout said. “They welcome the troops, give them calling cards, bring donuts and refreshments and do anything they can to help. It’s a tremendous help to our volunteer workforce.”

She added that while the volunteer force is at capacity, groups could still make donations to support the facility.

“We need current movie DVDs for the lounge for the Soldiers to watch, and financial donations are always welcome,” Trout said, adding that 93 percent of all donations go to troop programs.

“If you want to make a difference, you can make a difference here,” Trout said.

The USO International Gateway Lounge is open 6 a.m. to 10 p.m., seven days a week. It serves 10,000 service members a month, as well as family members and veterans.

Understanding advance child tax credit payments

Sandi Williams
OSJA

The Jobs and Growth Tax Relief Reconciliation Act of 2003 raised the Child Tax Credit to a maximum of \$1,000 per child from \$600 per child, effective for 2003 and 2004. The act also provided for immediate tax relief by directing the Treasury to send this increase to taxpayers this year.

The Treasury began mailing advance payment checks on July 25, 2003 to taxpayers who filed their returns by April 15, 2003. If the taxpayer’s return was filed after April 15 and not processed in time for these initial mailing dates, for example, if an automatic extension was requested, the advance payment check arrived about 4 to 6 weeks after the IRS processes the return. Taxpayers should not make any change to their 2002 return or remittance based on an expectation of an advance payment check.

Advance payment guidelines

The IRS determined who would receive the automatic advance payment based on 2002 tax year data. Generally:

- Taxpayers must have claimed the Child Tax Credit on the 2002 tax return.
- Taxpayers must have used Form 1040 or 1040A, or filed electronically.
- The child must have been born after 1986.

Eligibility

Some taxpayers with children were not eligible for the advance payment, including:

- Taxpayers who filed Form 1040EZ, which doesn’t provide for claiming dependents or the Child Tax Credit.

- Taxpayers who had income that exceeded certain limits.
- Taxpayers whose only children were born before 1987.
- Taxpayers whose only child was born in 2003. (The taxpayer would not have claimed that child on the 2002 return and would not be eligible for an advance payment based on that child, but may claim a Child Tax Credit of up to \$1,000 for that qualifying child on the 2003 tax return.)

- Taxpayers whose Child Tax Credit and Additional Child Tax Credit for 2002 totaled less than \$600 for each qualifying child because of the tax liability and earned income limitations.

The Child Tax Credit begins to phase out for taxpayers with modified adjusted gross income above:

- \$110,000, if married filing jointly
- \$55,000, if married filing separately, or
- \$75,000, for all others.

For every \$1,000 or portion thereof above these thresholds, the total credit amount is reduced by \$50. Thus, in 2002 a taxpayer with two children (who would otherwise have a \$1,200 credit) had the Child Tax Credit completely phase out if his/her AGI was more than \$23,000 above the threshold.

Taxpayers that received an advance payment should keep the IRS notice of the advance payment amount in order to properly complete the 2003 tax return. If the taxpayer did not keep the IRS notice and needs to find out how much, if

See CHILD TAX, page 8

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@usag.apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday’s paper.

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MWR Morale, Welfare & Recreation

MWR has a very exciting and entertaining year planned for APG. Some things to look for include the Laugh4Ever

Comedy Show on Feb. 7, ICW Wrestling event on March 20, Miller Lite Army Concert Tour presenting Montgomery

Gentry on July 17, and lots more. Visit <http://www.apgmwr.com> for the latest information.

Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting the MWR Registration, building 3326, or online at www.apgmwr.com.

Pet care lecture

Pet care experts will share information on how to provide the best possible care for a pet 6-8 p.m., Feb. 26, at the AA Recreation Center. Veterinary experts, dog trainers and exotic pet professionals will provide important nutritional, medical, physical and psychological information and guidelines. Register by Feb. 20. Cost is \$10.

Primary Aerobic Instructor Certification

Primary Aerobic Instructor Certification will be held 9 a.m. to 5 p.m., Feb. 28, at the AA Fitness Center, building 3320. Cost is \$99 (study guides are extra). Learn basic anatomy and physiology, cardiovascular and muscular exercises, injury identification

and prevention, emergency procedures, as well as class design and structure. Deadline for registration is Feb. 13.

Personal Trainer Certification

Personal Trainer Certification will be held 9 a.m. to 5 p.m., Feb. 29, at the AA Fitness Center, building 3320. Cost is \$99 (study guides not included). Get an overview of basic exercise physiology, anatomy, and kinesiology. The remainder of the course combines theoretical information and practical application of fitness assessments, exercise sciences and the behavioral and physiology objectives of one-on-one fitness counseling. Deadline to register is Feb. 13.

Discovering the metaphysical self

This class will be held 7 to 9 p.m., Feb. 24 through March 30, at the AA Recreation Center, building 3326. Cost is \$55. Embark on an interesting and entertaining exploration of six metaphysical topics: karmic astrology, numerology, synchronicity, chakras, crystals and stones, and karma. Designed for the beginning student of metaphysics, this

course can help the student use these topics to understand self-knowledge, self-healing, the purpose of life and the relationship to others. Learn to apply these distinct metaphysical concepts to everyday life. Deadline for registration is Feb. 17.

MWR Registration & Ticket Office specials

The MWR Registration and Ticket Office can plan spring vacations. Hotel properties and tickets to Florida attractions are available at great savings.

A sample trip plan might be: stay at the AmeriSuites Busch Gardens-Tampa for \$82 per night, compared to the published rate of \$119 per night. Enjoy the exhibits and rides at the Busch Gardens-Tampa amusement park for \$46 (adults), compared to the \$55.33 (without tax) at the gate.

Hotels can be booked in most of the 50 states, to include Puerto Rico, Canada, and the United Kingdom. Attraction tickets can be obtained for most areas.

Prices are subject to change based on hotel, availability

and time of year.

Bowling specials

Enjoy the rest of Red Pin Special Week, 5 p.m. to closing, Feb. 12 and 13.

Moonlight Bowling Special with Red Pins will be held 9 p.m. to closing, Feb. 20. Throw a strike on a red head pin and draw out of the prize bowl. Everyone can "win" all kinds of prizes from free games to discounts at the snack bar.

Queen of the Hill Tournament will be held 2 p.m., Feb. 29. Cost is \$8 per person. Bowl four games; the top three qualifiers will bowl head to head in step-ladder finals for cash prizes.

For more information, call Dave Brewner at 410-278-4041 or e-mail dave.brewner@usag.apg.army.mil.

To view bowling scores for the week of Feb. 7, visit the APG News Web site, www.apgnews.apg.army.mil.

Arts, Crafts changes hours of operation

Effective Feb. 6 the Arts & Crafts hours are Sunday and Monday, closed; 10 a.m. to 5 p.m., Tuesday through Friday; and 9 a.m. to 5 p.m., Saturday.

See MWR, page 8

Framing class

This beginning class teaches the fundamentals of framing and matting. Students must bring an 8" by 10" picture to frame.

Classes will be held in the Edgewood Arts & Crafts building E-4440, 5 to 9 p.m., Feb. 26 and March 25.

Class will be held in the Aberdeen Area Arts & Crafts building 2407, 9 a.m. to 1 p.m., March 6.

Class fee is \$25 plus supplies.

First Baptist Church of Aberdeen

Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m. & 6:00 p.m.
Discipleship Training 4:30 p.m.
Wednesday 7:00 p.m.

• Youth Ministry Teams
• SBC Children's Mission Program (3 yrs. - 6th grade)
• Prayer Meeting

Dr. Gary Johnson, Pastor
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SCHOOL LIAISON/YOUTH EDUCATION

FINANCING COLLEGE EDUCATION

Information is available on college scholarships and loans at the School Liaison/Youth Education Services office, building 2752. If interested, call Ivan Mehosky at 410-278-2857.

SCHOOLS OUT

To get the latest information on Harford County Public School closings throughout the year, visit www.schools-out.com. For more information, call 410-588-5203.

NASA SPACE CAMP SCHOLARSHIP

Attention students of military personnel in grades 6-9: MCEC's Bernard Curtis Brown, II Memorial NASA Space Camp Scholarship Application.

NASA Space Camp is a place where kids come together for a journey they will never forget. Each child learns about astronauts and space travel, and also experiences something even more important: developing bonds of friendship. This is a microcosm of the life of military children. They travel, they learn, and they quickly bond into friendships that many times last for life.

It is fitting then that the Military Child Education Coalition has created a Space Camp scholarship in memory of one of its brightest and finest children, Bernard Curtis Brown II. Bernard, the 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on Sept. 11, 2001, when the hijacked airliner on which he was a passenger, crashed into the Pentagon in Washington, D.C. At the time, he was on his way to California to represent his school at a National Geographical event.

The MCEC officers and directors feel, and Bernard's family agrees, that this scholarship is a fitting way to honor Bernard's memory. The scholarship gives military connected children the opportunity to have an extraordinary experience, which brings together the worlds of service, science and learning.

MCEC'S SCHOLARSHIP INFORMATION

The Bernard Curtis Brown, II Space Camp scholarship is

funded by the MCEC. The scholarship covers full tuition and includes meals, lodging, program materials, and transportation from the student's home to the Space Camp.

ELIGIBILITY REQUIREMENTS

Each student applicant must be a child of an active duty military parent; be enrolled in grades 6-9; write a hand written essay stating why he or she should be selected, as well as evidence of patriotism, future goals, community service, and "after-camp" intentions, along with two letters of recommendation with contact information (all documents should be signed and dated), and complete and submit application by the deadline date of not later than May 3. To pick up an application, stop by the School Liaison/Youth Education office, building 2752, Room 200, or call Ivan Mehosky at 410-278-2857, or e-mail him at ivan.mehosky@usag.apg.army.mil.

ABOUT SPACE CAMP

U.S. Space Camp is a five-day program that shows

youngsters firsthand what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present, and future of space exploration.

Offered in two locations (Huntsville, Ala.; and

Titusville, Fla.), Space Camp takes a unique, fun and hands-on approach to learning outside the classroom- and students leave with a greater appreciation for school and their studies.

For more information about Space Camp, visit their Web site at www.spacecamp.com.

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The Air Force Reserve salutes those who make history – yesterday, today, and tomorrow.



The Air Force Reserve celebrates Black History Month.
800-257-1212 ★ www.afreserve.com

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Freedom is the Fee-Free Credit Union Exclusively Serving all of Harford County! Freedom members, round up your friends, neighbors, and co-workers — anyone who lives, works, worships, or goes to school in Harford County. And when they join and add a new Checking Account with Direct Deposit, we'll give you \$30. Heck, they'll get a gift too!

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Official

Community Notes

MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50, building 3245 Aberdeen Boulevard. To verify listing, call 410-272-7520.



HOUSE OF SAND AND FOG
Friday, Feb. 13, 7 p.m.
Starring: Jennifer Connelly, Ben Kingsley

Massoud Amir Behrani (Kingsley), an Iranian immigrant, has spent most of his savings trying to enhance his daughter's chances of a good marriage. Once she is married, he spends the remaining funds on a house at an auction, unwittingly putting himself and his family in the middle of a legal tussle with the house's former owner (Connelly). What begins as a legal struggle turns into a personal confrontation, with tragic results. (Rated R)

young London siblings Wendy, John and Michael Darling encounter a strange flying boy named Peter Pan, who invites them to soar with him to Neverland. (Rated PG)



LORD OF THE RINGS: THE RETURN OF THE KING
(FREE ADMISSION)

Saturday, Feb. 14, 7 p.m.
Starring: Elijah Wood, Ian McKellen

The Fellowship divides to conquer as Frodo and Sam, with the help and hindrance of Gollum, continue their way to Mount Doom. Gandalf and Pippin ride to Minas Tirith to help defend Gondor while Merry remains with Eowyn and the other Rohan fighters. Aragorn, Legolas, and Gimli seek aid from those that live in the Cursed Mountains.



PETER PAN (FREE ADMISSION)

Saturday, Feb. 14, 1 p.m.
Starring: Jason Isaacs, Jeremy Sumpter

One night in their nursery,

All these battles have one goal in mind: distract the Eye of Sauron and buy Frodo a little more time to destroy the ring. (Rated PG-13)

Fact of the week

To reduce solid waste, compost yard waste and food waste to use as garden mulch.

APG Pollution Prevention Program

SATURDAY FEBRUARY 14 VFW HOSTS VALENTINE PARTY

Charlton-Miller VFW Post 6054, will sponsor a Valentine's Party, 9:30 p.m. to 2 a.m., at the American Legion Post 17, Edgewood Road, Edgewood.

Donation costs \$20 per person and \$35 per couple. Entertainment will be provided by the Softones, playing hits including "Carla My Love," "My Dream," "There's a Beauty," "Count To Ten" and more. Dress to impress. There will be a light menu, raffle, and a prize for the lady in the prettiest red dress. M.C. will be "Linay" from radio station WHFC 91.1.

For more information or to purchase tickets, call 410-272-3444, or Terry Robinson, Post commander at 410-688-3188.

PWOC HOSTS 'SWEET-HEART' PARTY

The Protestant Women of the Chapel is sponsoring "A Night With Your Sweetheart," 7 to 10 p.m., at the Sheraton 4 Points, Aberdeen. There will be a buffet, entertainment, and guests will receive a keepsake photograph with their sweetheart.

Cost has been covered, but donations will be accepted. For information or to make a reservation, call Shirley Huffman, 410-273-1497.

TUESDAY FEBRUARY 17 VFW LADIES AUXILIARY MEETING

The Charlton-Miller VFW 6054 Ladies Auxiliary will hold its scheduled meeting at 7 p.m. For more information, call 410-272-3444.

BLACK HISTORY MONTH SPECIALTY MEAL

The Black History Month Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. All military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.30 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilian, retiree and their guests. The discount meal rate of \$2.85 applies to spouses and other family

members of enlisted personnel in ranks private through specialist/corporal.

The Black History Month Specialty Meal menu includes: savory bean soup with ham hocks, barbecued spareribs, fried chicken, Jamaican rum chicken, southern fried catfish fillets, steamed shrimp with old bay seasoning, pulled smoked pork, hopping john (rice dish), baked macaroni and cheese, baked sweet potatoes, collard greens with ham hocks, black eyed peas, cracklin' corn bread, assorted salad bar, potato salad, cole slaw, bread pudding with rum sauce, lemon pound cake, pecan pie, fresh fruit, soft serve yogurt with assorted toppings, assorted condiments and assorted beverages. Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green at 410-306-1393/1398.

THURSDAY FEBRUARY 19 FREE HOME BUYING SEMINAR

A free Home Buying Seminar will be offered by Aberdeen Proving Ground Federal Credit Union, 6 to 7:30 p.m. at the Knights of Columbus Hall, 23 Newport Drive, Forest Hill. Learn about the home buying process to make an informed decision on the best options in purchasing and financing a new home. To reserve a space, call 410-272-4000 or 1-800-225-2555, extension 5451. (See add same page.)

TUESDAY FEBRUARY 24 FREE HOME SELLING SEMINAR

A free Home Selling Seminar will be offered by Aberdeen Proving Ground Federal Credit Union, 6 to 7:30 p.m. at the Community Meeting Room at APGFCU Operations Center in Edgewood, 1321 Pulaski Highway. Topics include: reasons for selling, market analysis, costs of selling a home, for sale by owner, showing the home, negotiating and home inspections. To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451.

SATURDAY FEBRUARY 28 VFW 8185 BASKET BINGO

VFW Post 8185 Men's Auxiliary, located on Route 222, Port Deposit, will hold Basket Bingo, 7 p.m. Doors open at 6 p.m. Tickets cost \$10 per person for all paper cards. Food, baked goods and beverages will be available. Door prizes and raffles also will be held. No smoking is permitted.

For more information or to purchase tickets, call Anne Gibson at 410-378-3338 or Brenda Conjour at 410-273-7332.

Home Buying Seminar



The seminar will cover the following topics:

- * Shopping for the Right Home
- * Making an Offer
- * New Homes
- * Renting vs. Buying
- * Begin Planning with your Credit Union
- * Alternative Purchasing Options
- * H.O.M.E. Savings Program

APGFCU
Aberdeen Proving Ground Federal Credit Union

Open to everyone who lives or works in Harford or Cecil County.

Please call 410-272-4000 or 1-800-225-2555 ext. 5451 to reserve your space.

Thursday, February 19th • 6-7:30pm
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OMMS LIBRARY

Throughout the month of February the OMMS library is featuring a bulletin board and other displays depicting Martin Luther King and other prominent Blacks in the basement of building 3701.

Library hours are Monday through Wednesday, 8 a.m. to 4:30 p.m.; Thursday, noon to 8:45 p.m. and Friday, noon to 4:30 p.m. For more information, call 410-278-4991.

WET BASEMENTS STINK !!

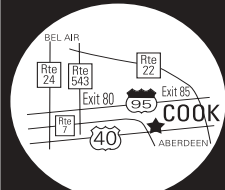
Mold, mildew and water leaking into your basement causes health and foundation problems. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a **FREE** evaluation and estimate and a fair price. We have repaired thousands of basements in the area; we can provide local references. When your neighbors needed waterproofing they called Allstate American. Why don't you? Call now to receive a 20% discount on all work completed by February 29th.

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SOCIAL SECURITY#: _____

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MR. JOHNSON AT 410-575-6167
OR CALL: 410-272-1500/410-575-6932

Information kept strictly confidential

APG

MSB

Post Shorts

From front page
ing 3326, 1 to 3 p.m., Feb. 26. All military and civilian personnel, retirees and their family members are invited to attend. Over 55 representatives of support agencies/organizations will be present to discuss the latest and greatest information on their activities. Give-a-ways will be available and door prizes awarded.

For more information, call Godofredo Posadas, Relocation Readiness Program manager, Army Community Service, 410-278-2453/7474.

AA Badge ID Office changes hours of operation

Effective immediately, due to a shortage in personnel, the Aberdeen Area Badge/ID Office will be closed on non-RDO Friday's until further notice.

It is anticipated that the vacant positions will be filled by the end of April, which will allow the office to return to normal hours of operations. This closure does not affect the Edgewood Area Badge/ID Office.

APG Occupational Health Clinic offering limited services

There will be no clinical or nursing staff available in the Aberdeen Area Occupational Health Clinic the week of March 15.

Patients with injuries are requested to go to the nearest emergency room.

Those with minor/chronic illnesses are requested to see either their civilian or military provider of choice. Only scheduling services will be addressed through the OHC in the Aberdeen Area during this staff shortage.

The OHC in the Edgewood area is not affected and will continue to provide normal services. For more information, call 410-278-19213.

Warrant officer's needed

The U. S. Army is looking

for highly motivated Soldiers, Marines, sailors, and airman to fill its warrant officer ranks.

Positions are open in 45 specialties for those that qualify. Applicants with less than 12 years active federal service are encouraged to apply.

For more information and all forms/documents required, visit Web site www.usarec.army.mil/warrant or call 502-626-0271 or DSN 536-0484/0458/0488/0478-/0271/1860.

FWP holds training conference

To celebrate Women's History Month, the Aberdeen Proving Ground Federal Women's Program is holding its 'free' annual Training Conference 8 a.m. to 4:30 p.m., March 3, in the Edgewood Conference Center, building E-4810. Registration starts at 7 a.m.

To register for classes visit <http://www.apg.army.mil/garrison/FWP/FWP.htm>. The cutoff date for registration is Feb. 27.

For more information, call Sheryl Coleman at 410-306-0713 or Charlotte Albro at 410-436-4611.

Christian coffee-house opens

The Coffee Grounds, a Christian coffeehouse, is now open 7 to 9 p.m., Thursday, and 7 to 10 p.m., Saturday evenings in building 4308, at the intersection of Susquehanna and Erie boulevards. Everyone is welcome to attend.

Live bands, open mike nights, and various readings are scheduled for Saturday nights. Both nights feature coffee and snacks in a Christian gathering.

For more information, call Chaplain (Capt.) Mike Curtis at 410-278-3976.

NAF employees receive credit for military service

Regular Nonappropriated Fund employees participating in the NAF Retirement

Program may be eligible to purchase certain prior military service to be credited for NAF retirement benefit computations.

Employees having previous creditable military service, that has not been used under any other employer's retirement system, may wish to purchase their military service (not to exceed five years) to be credited for NAF retirement benefit computation purposes.

The entire deposit must be paid to the USANAF Employment Retirement Plan before Separation for Retirement or the post military service will not be credited.

For employees participating in the Plan on Jan. 1, 1998, interest is first added to the unpaid balance of the deposit on Jan. 1, 2001.

For further information or an appointment, employees are encouraged to call NAF Personnel, Julie Bates, 410-278-8994, or Jean Futty, 410-278-8993.

MCSC to donate funds

The APG Military & Civilian Spouses Club will donate funds to organizations and charities this spring.

Groups interested in placing a request for funds should do so in writing. Include name of organization requesting funds, the manner in which the funds will be used, list of other fund raising efforts, and a contact person for the organization (name, address and telephone number).

Requests must be postmarked by April 1.

Submit requests to: MCSC Welfare Chairperson, #3 Plumb Point Loop, Aberdeen Proving Ground, MD 21005, or welfare@apgmcsc.org

School Age/Middle School Services Summer Program

The Aberdeen and Edgewood Summer Program will run for up to 10 weeks, starting June 14 (subject to change according to end of school

year), 6:30 to 5:30 p.m., Monday through Friday.

The program is open to all qualifying children who have completed 1st through 8th grades. Enrollment does not require attendance at all 10 sessions.

There will be a \$20 non-refundable deposit required at the time of registration for each week selected. Tuition fees are based on total family income.

Waiting list forms may be picked up starting Feb. 17 at the Edgewood Youth Services, building E-1902, the Aberdeen Youth Services, building 2522 or the Outreach Services building 2752 during regular working hours.

Forms may be dropped off at the Edgewood Youth Services building E-1902, the Outreach Services building 2752 or faxed to 410-278-2582.

Waiting list forms will not be accepted at the Aberdeen Youth Services.

Sponsors will be notified of available openings starting March 2. Registration is by appointment only.

For questions or further information, call the Outreach Services Office at 410-278-7571 or 7479.

FEW sponsors March fund raiser

The Maryland Tri-County Chapter of Federally Employed Women is sponsoring a Basket Bingo fundraiser during the month of March.

Purchase a ticket from the FEW and match the number to the evening Maryland State Lottery Number to win.

Tickets cost \$5 each and are valid in March only.

Funds go towards FEW's annual Dottie Dorman Working Woman's Scholarship presented each year during Women's Equality Day.

For more information, contact Chapter President Suzanne Schultz at 410-939-2098.

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*Rates stated with automatic payments and direct deposit. Other rates and terms available. The rate stated above available on approved credit. Rates may be different as determined by the individual creditworthiness of each applicant. Not all applicants will qualify for the lowest rate.

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COMMUNITY PHYSICIANS

High blood pressure -- the silent killer

Tamiriz Centano
Fox Army Health Center

Modern lifestyles tend to increase blood pressure, causing hypertension.

Blood pressure is a measure of the pressure of the blood against the walls of the arteries. The blood pressure readings are a ratio of the maximum or systolic pressure, as the heart pushes the blood out to the body, written over the minimum or diastolic pressure, as the heart begins to fill with blood.

Hypertension or high blood pressure is the result of persistent high arterial blood pressure that may cause damage to the vessels and arteries of the heart, brain, kidneys and eyes. The entire circulatory system is affected since it becomes increasingly more difficult for the blood to travel from the heart to major organs.

Some of the known factors causing hypertension include: inactive lifestyle, overweight, smoking, high salt intake, stress, excessive alcohol consumption,

and genetic factors.

There are several different types of hypertension. Primary hypertension is the most common type and it is generally improved by a healthier lifestyle and medication when needed. Secondary hypertension is the result of a disorder or abnormality of the kidney, adrenal gland or other vital organ. This less common type of hypertension is often treated surgically. Hypertension may also occur during pregnancy and requires special attention.

Most people with hypertension have no symptoms. A very limited number of people with hypertension may experience headaches, blurred vision and chest pain. Uncontrolled hypertension can lead to stroke, heart attack, congestive heart failure or kidney failure.

According to recent estimates for the United States, one in four adults have high blood pressure and - because most people don't have symptoms - nearly one third

of these people don't know they have it. This is why high blood pressure is often called "the silent killer."

Hypertension is one of the most common chronic diseases for which treatment is available. However, most people with hypertension go untreated. Blood pressure less than 120/80 is generally considered ideal, but only a health-care provider can determine if a person's blood pressure is safe.

The American Academy of Family Physicians recommends having the blood pressure measured periodically in all patients older than 21.

For more information, check with a primary-care provider or other appropriate health-promotion source.

(Editor's note: Reprinted from the Redstone Arsenal The Redstone Rocket. Tamiriz Centano is a community health nurse assigned to Fox Army Health Center, Redstone Arsenal.)

Child Tax

From page 2

any, advance payment they received, they can obtain the information by logging on to www.irs.gov. Any advance payment received will be subtracted from the total amount (up to \$1,000 per child) when figuring the credit for the 2003 return.

Anyone needing more information about the Advance Child Tax Credit Payment or tax assistance can contact the Tax Center at 410-278-1208.

Correction

In last week's *APG News* coverage of the Bench Press competition, the Masters Heavyweight Division was inadvertently omitted. Aaron Schulte, HHC 61st is the champion with a lift of 375 pounds and Alan Graves, a guest lifter from the 2nd Infantry Division, South Korea, finished as runner-up with a 335-pound lift.

Intramural sports reminder

Registration for intramural racquetball ends Feb. 12.

The next unit Sports Council Meeting is Thursday, 10 a.m., Feb. 12, at the Aberdeen Area Recreation Center.

For more information, call Donna Coyne at 410-278-3929 or e-mail donna.coyne@usag.apg.army.mil.



MWR continued from page 3

Free ski lift tickets for heroes

Active duty military personnel, paid and volunteer firefighters and police officers are eligible for free lift tickets compliments of Whitetail resort Feb. 12.

Lift tickets are valid until 4 p.m. each day.

Free ski lift tickets will be available to those who meet eligibility requirements Feb. 12 at Whitetail Mountain Resort.

Lessons, rentals and other products are available at full price.

The offer is not available to family members or friends.

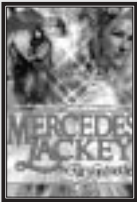
No pre-registration is necessary.

Eligible personnel can receive their free ski lift ticket at any ticket window on the day of the event with a current military, firefighter or police ID.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-436-3589.

The following is a list of some new books available at the APG MWR libraries:



The Fairy Godmother
by Mercedes Lackey

"In the land of Five

Hundred Kingdoms, 'Tradition' rules, and everyone is expected to fit into established fairy tales. Enslaved by her wickedly avaricious stepmother and stepsisters, Elena should have had a Cinderella-like life, but when things didn't work out, she flees and seeks work. Her fairy godmother, makes her apprentice fairy godmother, and it's her duty to prevent the bad things that come with

'Tradition.'"

PS, I Love You by Cecelia Ahern

The Cat Who Talked Turkey by Lillian Jackson Braun

The First 48 by Tim Green

The Confessions of Max Tivoli by Andrew Greer

Divided in Death by J.D. Robb

Flashback by Jenny Siler

The library's Web site, www.apgmwr.com/recreation/libraries.html, provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

Discount to Medieval Times Dinner, Tournament

Military personnel are invited to the Medieval Times Dinner and Tournament in Hanover, Md., at a 50 percent discount on Feb. 11, 12, 18, 19, 25 and 26. Gratuity is not included. Someone in the party will need to show their active duty ID card at the box office window to receive this special deal. The show begins at 7 p.m. but guests are asked to arrive no later than one hour prior to show time. Subject to space availability.

Tickets must be purchased at the Medieval Times Box Office window.

Additionally, Medieval Times Dinner and Tournament Castles in selected locations throughout the country are offering a free dinner for two for all Soldiers redeploying from Afghanistan and Iraq or on rest and recuperation leave from Operation Iraqi Freedom or Operation Enduring Freedom.

Through Feb. 26, the Medieval Times in Maryland and New Jersey will admit two people free for any performance, including dinner, Monday through Thursday, provided at least one person presents proof of redeploy-

ment or R&R from OIF. Military members need only to make a reservation and mention the free military OIF/OEF admission offer. Upon arrival, the dinner-theatre will require the individual to show a leave form verifying R&R leave status or movement orders verifying redeployment to CONUS from OIF or OEF. Tips are not included.

The restaurants features live jousting tournaments nightly.

To make a reservation at Medieval Times call 1-800-544-2001 for Lyndhurst, N.J.; and 1-888-935-6878 for Hanover, Md., locations.

For more information, call 703-681-5225 or DSN 761-5225.

Regular schedule tickets for military personnel and civilians can be purchased through MWR for shows Sunday thru Friday, Adult - \$40, child - \$33 and Saturday, Adult - \$47, child - \$35. These tickets (vouchers) are confirmed (i.e. reservations made) before patron leaves the MWR office.

To register visit the MWR Registration, building 3326, or online at www.apgmwr.com.

Youth Services offers Driver's Ed

APG Child and Youth Services will present State certified Driver's Education classes, every Saturday, 9 a.m. to 4:30 p.m., Feb. 21 through March 20 at the Aberdeen Youth Center, building 2522. Parents and students must attend the first hour of class together Feb. 21 to review the rules and procedures.

The cost is \$285 plus \$15 registration/membership fee for family members of military, retired, DoD (and DA) personnel and contractors who work at APG per student. Sponsored students are required to pay the course fee of \$285 plus a \$20 registration/associate

membership fee Driver Education for Teens. Minimum age is 15 or older.

Registration will be held 9 a.m. to 4 p.m., Monday through Friday, Jan. 22 through Feb. 13, at the Outreach Services-Central Registration Office, room 110, building 2752. A minimum class size of 10 students is required prior to end of the registration period. To make an appointment to register and pay the fee, call Christina Keithley at 410-278-7571.

For more information about the Teen Driver Education program, call Ivan Mehosky at 410-278-2857.

The APG Forum

Commentary: Understanding the equality equation

Charles P. Vickers
61st Ordnance Brigade

As we celebrate the accomplishments of Martin Luther King Jr., it is important to understand “the great human heritage and experiences of the past, which can teach us, guide us and lead us to the wisdom we crave.”

In this book, “Love, War, and the 96th Engineers (Colored): the World War II New Guinea diaries of Captain Hyman Samuelson,” about the experiences of the 96th Engineers (Colored), the book’s editor Gwendolyn Midlo Hall has performed a great service in illuminating the contributions of the ordinary and courageous men who fought and served in the 96th Engineers in the Pacific Area of Operations during World War II.

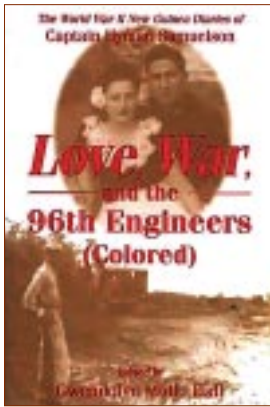
Her primary source for research was the diaries that her uncle Hyman Samuelson kept of the unit’s experiences. He served as an officer

for most of World War II in New Guinea in an engineering battalion whose noncommissioned officers and enlisted men were all African Americans in the days when racial segregation prevailed in the U.S. armed forces.

What is really interesting is that when the editor asked her uncle about his diaries, he remarked that they were in the attic of his house and that no one had ever read them since he had written them 50 years ago.

He also provided his niece many of the letters he had written to his wife, photographs, and letters his wife had written to him.

These diaries, letters and photographs are



informative about the unsung role of the African-American troops in an engineer unit, who made logistics possible at a decisive time and place. These documents also reveal courage in a time of adversity.

The 96th Battalion, U.S. Army Corps of Engineers, was the first American troop unit to land in New Guinea. They landed in Port Moresby on April 23, 1942.

The port was in ruins from extensive Japanese bombing raids. With limited equipment, the 96th quickly built airstrips, docks and roads from which the allied air forces could operate to defend against Japanese attacks.

“CPT Samuelson was well aware that his men hated their officers for being white but he

learned rapidly as he began to perceive his men, to identify with them and to learn something of what they were up against. He began to be proud of them, to defend them, and to teach them.”

In one dairy entry he wrote, “Before I die I must help stamp out this crazy idea that the white man has about his superiority over the colored man. In no concrete way has he ever demonstrated it.”

This book is certainly worth the reading as Capt. Samuelson’s diaries present a down to earth story of human events.

Reading it will help the reader to understand why this great country had to experience the essence of Martin Luther King’s “I Have a Dream” speech--“I have a dream that one day this nation will rise up and live out the true meaning of its creed—we hold these truths to be self-evident that all men are created equal.”

Commentary - Public speaking can lead to promotions, success

Joyce Seabolt
Special contributor

There is a road to success that is overlooked by both the U.S. armed forces and private industry personnel—the avenue of communication.

Successful people must have the ability to speak clearly, concisely, and “off the cuff” in an intelligent manner. That is how they gain the confidence of the people they lead.

We are fortunate to have a Toastmasters International Club, an organization dedicated to improving communication and leadership skills, on Aberdeen Proving Ground. It is a volunteer organization dedicated to improving communication and leadership skills. Military personnel and civilians are invited to join.

Learning to speak doesn’t require years of training and preparation; it only requires quality training.

For a limited time, The Gunpowder Toastmasters Club is offering a free lunch to first-time visitors. We will share our success (and failure) stories with you. It is important to learn that our failures are not fatal.

We share ideas; suggestions, encouragement and we have fun. The skills learned at Toastmasters meetings will prepare you for bigger and better career moves.

Take up the challenge

The Gunpowder Toastmasters club meets on

the first and third Monday each month. Anyone may drop in on any meeting, but if you want to receive the “First Timers Free Lunch,” you must call 410-941-1120 in advance.

According to Col. Jesse Barber, project manager for alternative technologies and approaches at the Chemical Materials Agency, Toastmasters has refined and developed his public speaking skills, in less than one year.

Barber demonstrated those abilities by winning the local club International Speech Contest Feb. 2 at the Gunpowder Club. Barber will go on to compete in the area competition 7 p.m., Feb. 19 at the Golden City Buffet on Route 40 in Edgewood.

“I’ve been a Toastmaster for less than a year,” Barber said. “In that short period of time, my fellow Toastmasters (both men and women) have helped me refine and develop my public speaking skills. It is not the quantity of training you get that makes you a first rate speaker, it is the “quality” of training.”

Other benefits include exposure to a variety of speakers from varying cultures.

“The Gunpowder Club members bring such diversity and knowledge to each meeting that it has helped me to identify how to communicate with a diverse audience,” said club president Mansfield Spicer, Industrial Base Planning team leader, U.S. Army Research Development and Engineering Command.

Our treasurer, Paul Josephson, U.S. Army Environmental Center environmental engineer, finds “Table Topics” are an effective way to develop the skills to handle questions on the spur of the moment.

“Table Topics teaches us to think on our feet and respond quickly and clearly,” Josephson said. “It is a difficult task to master but it gets easier with encouragement and practice.”

David Garcia, Chemical Materials Agency system integrator, won the Table Topics contest Feb. 2 and will move on to the next level of competition with Barber.

Anyone who wants to “move full speed ahead,” learn more, earn more, and simply enjoy life a little more, should give Toastmasters a try. The club members are always ready to help you with any overcome any problem or stumbling blocks. The best part is that you will enjoy yourself while you pave your road to success.

Some Toastmasters remember procrastinating before joining and said, “I wished I had joined Toastmasters earlier.”

The bottom line is, it is never too late to start. You will be speaking for the rest of your life, so why not learn to be a master at it? Join Toastmasters.

Why not make a reservation for our “First Timers Free Lunch” offer by calling 410-941-1120.



Photo by KAREN PRIVETT
Col. Jesse L. Barber, member of The Gunpowder Toastmasters Club, uses hand gestures to add illustrations enhancing his public speaking during a club competition Feb. 2 at The Gunpowder Club.

(Editor’s note: Joyce Seabolt, the vice president of Membership for The Gunpowder Toastmasters Club, is a night nurse at Franklin Woods Hospital.)

Commentary - Being safe on ice, snow

Fort Belvoir Safety Office

Do not let the icy conditions of the winter season catch you off guard. Slow down, and look for the slippery areas.

If you can, try to avoid walking across these areas.

When walking on ice, keep your body positioned slightly forward; put your feet down flat (not heel first); take short steps, or move your feet forward without lifting them from the ground (a good analogy is walking like a penguin), wear footwear that is appropriate for the weather (no slick soled or leather soled shoes).

Maintain walkways and steps to keep them free of ice and snow. Have ice melt and shovels on hand ahead of time.

Snow shoveling is heavy

work and requires proper technique if you want to avoid straining your heart and your back. Select a light weight shovel with a sturdy handle. Never attempt to lift more than you can handle without undue strain. Place your feet apart to maintain your balance, bend at the knees and do not twist your body. Step in the direction each shovel of snow is thrown to avoid back train. Whenever possible, push the snow instead of lifting or throwing it.

Do not work to the point of exhaustion. If you run out of breath, take a break. Place mats inside entry ways to catch slush and water. Dry floors will prevent slips and falls inside buildings.



Photo by YVONNE JOHNSON
Frank Bell, a postal worker with the Aberdeen Proving Ground Post Office, uses snow shoe chains to traverse the icy areas he encounters on his route. He and co-worker Ken Wilson said the chains, which work like tire chains, are a valuable tool in preventing injuries to mail carriers.

Prayer

From front page

selections by Sandy Nook, Aberdeen Area chapel protestant service, and Sabrina Winters and Samuel Whitener of New Hope Baptist Church in Bel Air. Carleen Moore sang the national anthem.

Other participants included APG Garrison Command Sgt. Maj. Elvis Irby and Maj. Anissa McNeill, Headquarters Support Troop, who offered scripture readings; a Call to Prayer led by Father John Bauer, parish priest; and a Prayer for the Nation by Willett. Maj. William Liptrot, chaplain, APG Protestant Service, gave the invocation and DeGregorio offered the benediction.

Claiborne Douglass Houghton Jr.

Currently the CEO of a management and diversity consulting firm, Houghton retired from government service after 35 years in June 2003.

He was responsible for the development and coordination of equal opportunity and policies and programs affecting virtually all civilian employees and military personnel within the Department of Defense.

He provided staff supervision of the Defense Equal Opportunity Management Institute and his leadership is credited with keeping DEOMI on the cutting edge of EO issues for the 21st century. In January 2004, the DEOMI library was named after him.

Reading Day provides education for students, readers

Neal Snyder
AEC

John Housein is not an ornithologist. But he thought he knew his bird species until he met the fifth graders of JoEllen Shannon’s class at Edgewood Elementary School.

Housein, an environmental specialist, was one of 20 people from the U.S. Army Environmental Center reading to Edgewood students Feb. 4 as part of the Center’s longstanding partnership with the school.

Assigned to read “The Wisdom Bird” by Sheldon Oberman, Housein noticed the characters were recognizable bird species and began quizzing the students about them.

“They started naming them off for me, including a couple I didn’t recognize,” he said.

It was Housein’s first time reading for the program.

“I was surprised how keen and sharp the kids were,” he said.

After finishing “The Wisdom Bird,” Housein opened up the 1949 environmental classic “A Sand County Almanac” by Aldo Leopold and read a passage. This lead to a discussion about environmental stewardship, he said.

Housein also helps with the Schoolyard Habitat Project at Edgewood Elementary, another product of the AEC partnership.

Over the past six years, the center has sponsored science events, military appreciation days, Earth Day, mock trials and other projects with the school. Students participated in the filming of AEC’s entry into the U.S. Military Academy spirit video competition in November.

This year’s reading day coincided with the opening of the school’s Reading for Enjoyment room. Dr. Ben Carson, director of the pediatric neurosurgery division at Johns Hopkins University Hospital, donated funds for the room.



Photos courtesy of AEC PAO
John Housein of the U.S. Army Environmental Center reads “The Wisdom Bird” to fifth grade students at Edgewood Elementary Feb. 4 as part of the school’s annual reading day. About 20 volunteers from AEC participated.



Peggy Gieseking, director of the Base Operations Support Division of AEC, reads to Tracy Moretti’s third grade class at Edgewood Elementary’s annual reading day.

Urgent news for people who have used
WELDING RODS

Scientists report that elevated **manganese** exposure from welding rod fumes has been associated with **Parkinsonism** (like **Parkinson's disease**) and **manganism**. Symptoms include **shakiness**, **distorted facial expression**, **loss of equilibrium**, **decreased hand agility**, **difficulty walking**, **joint pain**, **loss of short term memory**, **slurred/slow speech**, **stiffness in muscles and tremors**. If you have experienced any of these problems, **call us today toll free at 1-800-THE-EAGLE for a free consultation** to evaluate your potential claim. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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Sports



Photo courtesy of SGT 1ST CLASS DARRELL DIAMOND

Members of the APG Blue Waves under-11 girl's soccer team run warm-ups before a game in the Maryland Sports Arena in Edgewood. From left, Alyssa Anderson, Desirae Diamond, Abby Odachowski, Autumn Henning, Erica Coley and Briana Whiteside.

APG soccer team finishes season as undefeated league champs

Yvonne Johnson
APG News

The Aberdeen Proving Ground Blue Waves, an under-11 girl's indoor soccer team, closed out its season as the Maryland Sports Arena Recreational League champions. The team finished undefeated with an 8-0 record.

Coached by Sgt. 1st Class Darrell Diamond, Headquarters and Headquarters Company, 61st Ordnance Brigade, and Army spouse Michele Anderson, the team dominated its division. As a result,

Maryland Sports Arena games coordinator Ron Szczybor moved the team up to travel league for the next indoor season. The travel league is the most advanced level of play.

Diamond thanked APG Police Officer George Martin and APG Fraternal Order of Police 116F who provided the team jerseys Eric Henderson, APG Youth Sports, for loaning the team jerseys until theirs came in.

"As coaches, our goal is to make the game fun, promote team building and

attract more players to youth sports," Diamond said. "This team really worked hard in representing APG. We are all proud of them."

The Blue Waves under-11 girl's soccer team includes Alyssa Anderson, Brooke Brackett, Janai Caldwell, Erica Coley, Desirae Diamond, Autumn Henning, Briana Johnson, Emily Kappauf, Olivia Merchant, Darlene Ney, Abby Odachowski, Bianca Whiteside and Emma Yeager.

Basketball update

The following results were reported for intramural basketball for the week ending Feb. 6.

The intramural basketball All Star games are Feb. 17 at Hoyle Gym and Feb. 18 to 19 at the Aberdeen Area Fitness Center.

For more information on team schedules check with the gym staff or call the APG Sports Office at 410-278-3929.

American Division

Results

Jan. 21
TF 121st, 66l; 203rd MI, 23
NCOA, 66; ATC, 24
KUSAHC, 52; HHC 16th, 51

Feb. 2
KUSAHC, 53; HHC 61st, 49
HHC 16th, 52; TF 121st, 42

203rd MI, 31; ATC, 25

Feb. 4
ATC, 45; HHC 61st, 37
KUSAHC, 52; 203rd MI, 41
HHC 16th, 60; NCOA, 55

Standings

NCOA	5-1
HHC 16th	4-1
TF 121st	4-2
KUSAHC	4-2
HHC 61st	2-4
ATC	2-5
203rd MI	1-6

National Division

Results

Jan. 29
Company A 16th, 45; USMC, 40
USAF, 42; Company B 16th, 38
Company E 16th, 50;
Company C 16th, 44

Feb. 3

Company B 16th, 26;
Company A 16th, 16
Company C 16th, 51; USAF, 44
Company E 16th, 45; USMC, 28

Feb. 5
USAF, 51; USMC, 48
Company C 16th, 42;
Company B 16th, 34
Company E 16th, 37;
Company A 16th, 29

Standings

Company E 16th	7-2
Company C 16thq	6-3
USAF	6-3
Company B 16th	3-6
Company A 16th	2-7
USMC	2-7

Edgewood Division

Results

Jan. 21
HHC 143rd, 41; MRICD, 39

Company B 143rd, 53;
Company C 143rd, 45

Feb. 2
MRICD, 53; Company B 143rd, 46
RDECOM, 62; Company C 143rd, 35
TEU, 25; HHC 143rd, 41

Feb. 4
MRICD, 45; RDECOM, 35
Company B 143rd, 56;
Company A 143rd, 40
TEU, 53; Company C 143rd, 47

Standings

HHC 143rd	5-0
RDECOM	4-2
TEU	3-2
MRICD	3-4
Company B 143rd	3-3
Company C 143rd	1-4
Company A 143rd	0-3

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